

# Smoking Cessation Program



**Smoking is harmful to health.**

**There is no safe level of exposure and smoking has serious health effects including heart disease & lung cancer.**

Cyrenian House offers a Smoking Cessation Program providing a range of supports to help you kick the habit including:

- **Individual counselling**
- **Group psychoeducation**
- **Brief intervention**
- **Peer support**

## SMOKING CESSATION GROUP

**WHEN** EVERY THURSDAY AT 10.30AM

**WHERE** 318 FITZGERALD STREET, PERTH

**HOW** P: 9328 9200 FOR FURTHER INFORMATION

**When you stop smoking:**



**Your health** will improve



**Your breath** won't smell any more of stale tobacco



**The smell** of stale tobacco will go from your clothes, hair and home



**Foods and drinks** taste and smell much better



**Finances** improve

318 Fitzgerald Street, Perth, 6000

P: 9328 9200 E: enquiry@cyrenianhouse.com

Healthy, inclusive and harm-free communities